

FOR HEMI-SYNC™ PRODUCT INFORMATION,
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HEMI-SYNC™



Tape- Taking Techniques

Hemispheric Synchronization

■ The hemispheric synchronization (HEMI-SYNC™) technologies developed by The Monroe Institute promote a condition in which portions of the electrical wave patterns of both the left and right hemispheres of the brain are synchronized—an optimal condition for harnessing more of the brain's potential.

■ HEMI-SYNC consists of blended and sequenced sound patterns which can gently lead you into various focused, whole-brain states of consciousness. While this condition occurs naturally in day-to-day life, it typically exists only for random, brief periods of time.

■ With over 25 years of research, The Monroe Institute has developed audio technologies to assist you in quickly achieving and sustaining this highly productive, whole-brain state.

Explore the Original

HEMI



SYNC™

Developed by The Monroe Institute, Faber, Va.

focused attention ■ stress reduction ■ relaxation
accelerated learning ■ expanded consciousness
Metamusic™ ■ HUMAN-PLUS™ ■ pain control

Suggestions for Optimum Benefits

■ Locate a distraction-free environment where you can darken the room and remain undisturbed. Make sure there will be no interruptions, such as a telephone, during the 30- to 45-minute taped exercises.

■ Allow at least one hour after eating and avoid alcohol, drugs, or excessive caffeine, which may limit the effectiveness of the HEMI-SYNC™ exercises.

■ Get comfortable. Use the bathroom before each tape, even if it seems unnecessary. Loosen any tight clothing and remove shoes and glasses (or contacts). Listen to the tapes while lying down or in a seated position with your head supported, whichever is more comfortable for you.

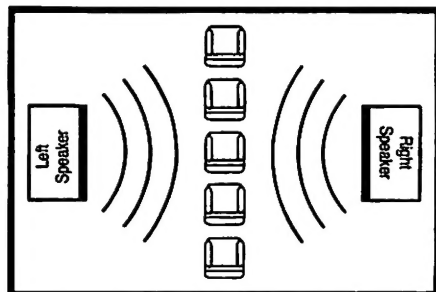
■ If you itch during a tape, scratch. You will be able to move gently back into your pattern of relaxation.

■ There can be a metabolic drop as one enters a tape experience, producing a coolness or chill which can quickly change to a perception of heat, motion, or pressure. Have a loose blanket or cover available to pull up or throw off as needed.

Playback Equipment

■ Play tapes on a stereo cassette deck using headphones for best results.

■ Conventional stereo speakers are used with good results in individual or group situations. For individual listening or small groups, the speakers ideally are positioned to the left and right side of the listening area (see illustration). For large groups, the speakers may be positioned in front and to either side of the group. Some slight adjustments in seating position may be required until all participants hear the “vibrato” effect as demonstrated in *The Way of HEMI-SYNC*.



HEMI-SYNC USED WITH SPEAKERS

■ Metamusic™ may be listened to via headphones or “positioned” speakers for maximum involvement or as background music while you are performing other tasks.

Precautions and Warnings

■ DO NOT use HEMI-SYNC tapes while driving or operating machinery except for *Awake and Alert* and *Concentration*.

■ DO NOT duplicate HEMI-SYNC tapes. This is a violation of our copyright and will diminish the effectiveness of the HEMI-SYNC signals, many of which are mastered 20 dB below audible levels.

■ DO NOT use with Dolby™ or other noise-reduction systems as they interfere with the HEMI-SYNC signals. Monroe Institute technicians and studio engineers have developed WavePhase II™, a sophisticated stereo mastering process, which eliminates the need for conventional noise-reduction systems. The calming sounds of WavePhase II™ strategically interact with and strengthen the HEMI-SYNC signals.

Suggestions to Enhance Effectiveness

■ Use the tapes at the same time each day to facilitate your commitment and inner readiness to explore and benefit from the tape experience.

■ Keep a journal to document the details of your experiences such as: date/time, body position, medication or unusual diet, mood/attitude, energy level, moon phase, or any other unusual circumstances.